Steven Runners™

SR-383 Professional Heart Rate Monitor

Owner's Manual

OPERATION MANUAL

-Wireless Heart Rate Monitor Watch (SR 383)

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This Operation Manual is part of this product and should be kept in a safe place for future reference. It contains important information on setup and operation. Please ensure you use your product correctly and safely, read these Warnings and the entire user manual before using the product.

WARNINGS

- The product is a precision instrument. Never attempt to temper the internal mechanism. Contact the retailer or professional service center if the product requires servicing.
- The chest belt (transmitter) is a radio frequency transmission device. Do not use the chest belt in aircrafts or hospitals. The use of radio frequency products may cause malfunctions in the control of other equipment.
- Do not allow the product to any unwanted impact or shock.
- Maintain good and regular checking of your device. Always check the functions before usage. Clean the product when necessary with a damped cloth, do not use any aggressive or abrasive cleaning agents and solvents
- Remove the batteries before storing the product for a long period of time.
- Take precautions when handling all battery types. When disposing of this product or batteries, follow your local waste disposal regulations.

Visit our official WEB site www.stevenrunners.com for more information & assistances.

INTRODUCTION

Dear Customer,

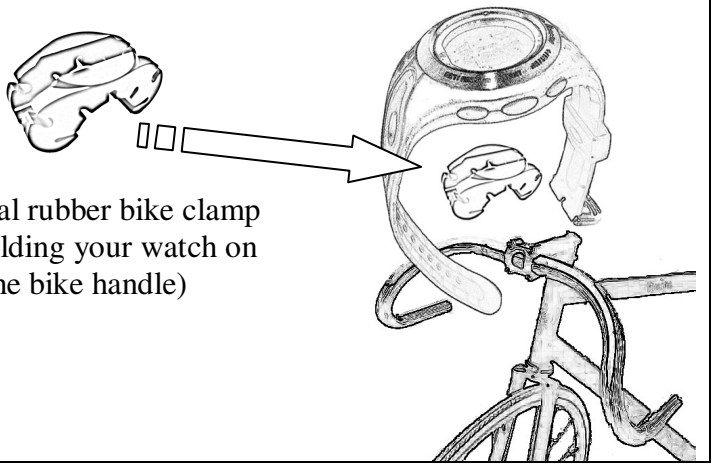
Congratulations on your purchase of the SR383 wireless heart rate monitoring watch.
The watch displays and records your heart rate, calorific consumption and other training statistics, enabling you to fine-tune your fitness program to get maximum results.

Audible and visual alarms can be optionally activated should your heart rate exceed or fall below pre-specified limits, or if you reach a target caloric goal. Apart from being equipped with standard time display, alarm and stopwatch functions, the watch can record your training statistics for up to 21 laps and provides a fitness level indicator. A count-down Exercise Timer Mode is available with an optional warm-up timer and recovery heart rate indication.

Caution:
People with cardio-pacemakers must not use this heart rate monitoring watch due to possible interference effects. Please note that this heart rate monitoring watch is not a piece of medical equipment. It is important that you consult your doctor or trainer to define your personal limits for heart rate, exercise intensity and duration.

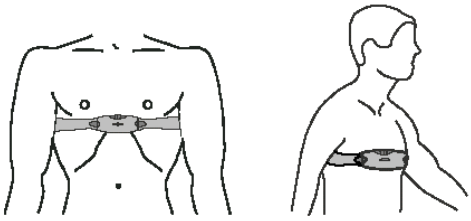
Parts and Accessories Packed

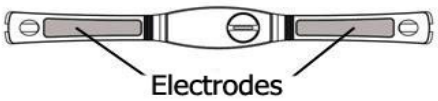
<table>
<tr>
<td>
Heart rate monitoring watch</td>
<td>

Owner’s manual</td>
</tr>
<tr>
<td>
Transmitter with elastic strap</td>
<td> 
Optional rubber bike clamp
(for holding your watch on
the bike handle)</td>
</tr>
</table>

OPERATING INSTRUCTIONS

Using the transmitter





The transmitter should be worn close to your chest, or right under the breasts. The electrodes must be directly in contact with your bare skin at all times. The contact between your skin and the electrodes can be improved by moistening the two electrodes with water, saliva or ECG gel.

Dry skin or Low temperatures might affect the transmission, allow the belt to warm up to your body temperature. When the heart monitoring watch (in Exercise Timer or Stopwatch mode) has detected the transmitted signals, a heart symbol "♥" will appear and flash in time with the incoming heart rate signals.

Note: The wireless transmission may be affected by interference from mobile phones, electronic training equipment, wireless bicycle computers, high voltage electric cables and other wireless transmitters.

Features of Heart Rate Monitoring Watch

- Keys

MODE/🔑:

- Switche between the various operating modes (Clock, Alarm, Exercise, Stopwatch, Setups)
- Activate or deactivate Key-lock function
- Exit set-up sub-mode

-/LAP:

- Increase lap number in stopwatch mode
- Used for figure decrement during input

+/ST./SP.:

- Start and pause the stopwatch
- Used for figure increment during input

LIGHT:

- Activate the display illumination on the watch for 3 seconds
- Enable or disable audible alert during Exercise Timer Mode or Stopwatch Mode

SET/RECORD:

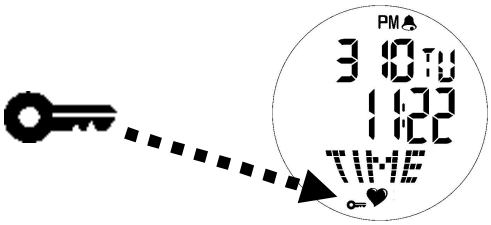
- Presse and hold this for 2 seconds to enter settings mode
- Confirm user input in setting mode
- Press and hold this for 2 seconds to reset Exercise Timer and Stopwatch
- Display the recorded training statistics
- Scroll over the recorded training statistics

SWITCH ON THE WATCH

The watch was set to “SLEEP MODE” to save battery power before sold. To activate the watch, simply press MODE/🔑 & +/ST/SP keys simultaneously.

KEY-LOCK MODE (Refer to page 20)

Key-Lock Activated

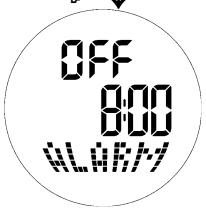


Key-Lock Deactivated

MAIN MODES OF THE HEART MONITOR WATCH

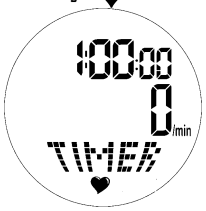
Clock Mode

Mode /



Daily Alarm Mode

Mode /

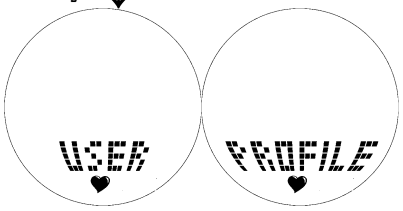


Exercise Timer Mode

Mode /

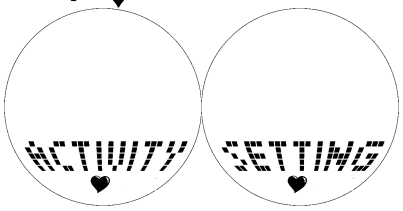
Stopwatch Mode

Mode /



User Profile Setup Mode

Mode /



Training Parameter Setup Mode

Mode /

Back to Clock Mode

Remarks: All time out durations are set as default 20 seconds unless specified.

CLOCK AND ALARM

Your Heart Rate Monitoring Watch comes with standard time, auto-calendar and alarm functions.

How to Set the Time and Date

Anytime during the setting mode, press [**MODE**/🔑] to exit. All settings made before exit will be saved. When adjusting values, hold [**+/ST./SP.**] or [**-/LAP**] for 2 seconds for fast advance and reverse.

Clock Mode

SET/RECORD ↓ (hold for 2 seconds)

Set Year

SET/RECORD ↓

Selection of Day/Month or Month/Day format

SET/RECORD ↓

Set Month

SET/RECORD ↓

Set Day

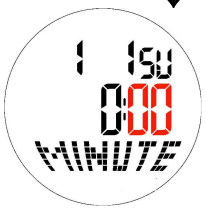
SET/RECORD ↓

Selection of Time format (24 hr /12 hr)

SET/RECORD ↓

Set Hour

SET/RECORD ↓



Set Minute

SET/RECORD ↓
Back to Year Setting Mode

↘ Mode/🔑
Return to Clock Mode

In Clock Mode, hold [**SET/RECORD**] for 2 seconds to enter Clock Setting Mode.

1. Set Year:
   Press [**+/ST./SP.**] or [**-/LAP**] to adjust value. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
2. Repeat same procedure to set Date Format, Month, Day, Time Format, Hour and Minute
3. After setting Minute, press [**MODE**/🔑] to return to Clock Mode, or press [**SET/RECORD**] to repeat setting cycle.
4. All time out durations are set as default 20 seconds unless specified.

How to Activate/Deactivate the Alarm

Daily Alarm Off

+/ST./SP.
⟵ ⟶

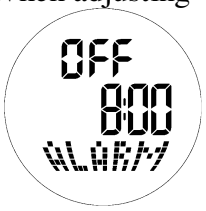
Daily Alarm On

1. In Daily Alarm Mode, press [**+/ST./SP.**] to activate the alarm. A bell symbol will appear on the display. To deactivate it, press [**+/ST./SP.**] again and the bell symbol will disappear.
2. After 20 seconds the display will switch back to Clock Mode.

If the alarm is activated, the watch will beep everyday at the specified time for 20 seconds. To deactivate the alarm when it is beeping, press any button on the watch.

How to Set the Alarm

Anytime during the setting mode, press [**MODE**/🔧] to exit. All settings made before exit will be saved. When adjusting values, hold [**+/ST./SP.**] or [**-/LAP**] for 2 seconds for fast advance and reverse.



Daily Alarm Mode

SET/RECORD ↓ (hold for 2 seconds)

Daily Alarm automatically activated.
Set Hour

SET/RECORD ↓

Set Minute

SET/RECORD ↓

Alarm Status

Activate/ Deactivate: +/ST./SP

SET/RECORD ↓
Back to Alarm Setting Mode

↘ Mode/🔧
Return to Alarm Mode

In Daily Alarm Mode, hold [**SET/RECORD**] for 2 seconds to enter Alarm Setting Mode. The alarm will be automatically activated.

1. Set Hour:
   Press [**+/ST./SP.**] or [**-/LAP**] to adjust the alarm hour. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
2. Set Minute:
   Press [**+/ST./SP.**] or [**-/LAP**] to adjust the alarm minute. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
3. Alarm Status:
   Press [**+/ST./SP.**] or [**-/LAP**] to activate/deactivate alarm.
4. Press [**MODE**/🔧] to exit Daily Alarm Setting Mode and return to Daily Alarm Mode, or press [**SET/RECORD**] to repeat setting cycle.

P.S. If Daily Alarm and Target Calorie Alert would be effective in the same time, Target Calorie will be in effect and Daily Alarm becomes inactive for such duration. Daily Alarm becomes effective again the next day.

EXERCISE TIMER MODE (Maximum Duration of Timer: 29 hours 59 minutes)

In Exercise Timer Mode, three count-down timers assist in managing your training. The Warm up Timer counts down for 5 minutes at the beginning of your training. Afterwards the Exercise Timer counts down for the duration of your preset exercise time. The Recovery Timer starts after the training programme has stopped. All three timers will sound an alert once they have finished, and users can enable or disable the warm up and recovery time function in Training Parameter Setup mode.

When the timer is paused or stopped, you can view the time-stamped records of your total exercise time, average and maximum heart rate, percentage of maximum heart rate, as well as amount of fat and calories consumed.
Users can set a target calorie alert that will notify him/her when the specific calorie consumption target has been achieved.

How to Set up Countdown Timer in Exercise Timer Mode

Anytime during the setting mode, press [**MODE**/🔧] to exit. All settings made before exit will be saved. When adjusting values, hold [**+/ST./SP.**] or [**-/LAP**] for 2 seconds for fast advance and reverse.

Exercise Timer Mode

SET/RECORD ↓ (hold for 2 seconds)

Set Hour of Exercise time

SET/RECORD ↓

Set Minute of Exercise time

SET/RECORD ↓ **Back to Exercise Setting Mode**

↘ Mode/🔧 **Return to Exercise Timer Mode**

1. Press [**MODE**/🔧] until watch is in Exercise Timer Mode.
2. Hold [**SET/RECORD**] for 2 seconds to enter Exercise Setting Mode.
3. Set Hour duration of Exercise Time:
   Press [**+/ST./SP.**] or [**-/LAP**] to adjust the hour. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
4. Repeat same procedure to set Minute duration of Exercise Time.
5. Press [**MODE**/🔧] to return to Exercise Timer Mode, or press [**SET/RECORD**] to repeat setting cycle.

How to Use Countdown Timer in Exercise Timer Mode

(Note: If there is no user data, the display will automatically enter User Profile Setup Mode)

1. Press [**MODE**/🔧] until watch is in Exercise Timer Mode.
2. Press [**+/ST./SP.**] to start the Warm Up Timer. It will then countdown for 5 minutes.
   (P.S. Warm-Up Timer will not be displayed when Warm-Up Timer is set **OFF** in Activity Setting Mode)
   To bypass warm up, press [**+/ST./SP.**] again.
3. The Exercise Time will then start counting down.

   When the Exercise Timer is running:
   -Press [**+/ST./SP.**] to pause and restart the timer.
   -Press [**SET/RECORD**] to cycle through records of % of maximum heart rate and maximum heart rate, amount of fat burnt and average heart rate, calories and total calories consumption.
   -After 5 seconds, or if you press [**MODE**/🔧], the display will return to the timer.

   When the Exercise Timer is paused or stopped:
   -To reset the timer before it has finished, hold [**SET/RECORD**] for two seconds.
   -Each press of [**SET/RECORD**] will display the exercise's date/time stamp, total exercise time, above zone time, in zone time, below zone time, % of maximum heart rate and maximum heart rate, fat burnt, average heart rate, recovery heart rate, and calories consumed.
   -Pressing [**MODE**/🔧] while accessing records will automatically return you to Exercise Timer Mode.

4. When the timer is finished, an audio alert indicates that the preset duration is reached.
   If the Recovery Timer function is enabled, it will start counting down for 3 minutes. Press [**+/ST./SP.**] should you wish to quit the Recovery Timer and return to Exercise Timer Mode.
5. After the Recovery Timer is finished, an audio alert will sound and the display is automatically returned to Exercise Timer Mode.

Notes:
-The audio alert can be set or disabled by pressing and holding [**LIGHT**] for 2 seconds in Exercise Timer Mode or Stopwatch Mode.
-The Timer will be disabled when the Stopwatch is running.
-The heart rate and calorie consumption will only be calculated during the Exercise Timer.
-When Current Calorie Consumption reaches the Target Calorie, "CAL AL" will be displayed during the alert.

Exercise Timer Mode

+/ST./SP. ↓

Warm up Timer
(P.S. Warm-Up Timer will not be displayed when Warm-Up Timer is set **OFF** in Activity Setting Mode)

[Alert after 5 min] ↓ or +/ST./SP.

Exercise Timer

Pause/Restart timer: [+/ST./SP.]
Reset to Initial Value: [SET/RECORD] (hold for 2 seconds)
View Exercise Record: [SET/RECORD]

[Alert for last 5 seconds] ↓ After Preset Time reached

Exercise Timer Countdown finished

[Audible Alert] ↓

Recovery Timer starts from 3'00"

Press +/ST./SP. to quit Recovery timer and return to **Exercise Timer Mode**
(P.S. Recovery sub-menu will not be displayed when Recovery is set **OFF** in Activity Setting Mode)

[Alert after 3 min] ↓
When 0:00:00 is reached, display automatically returns to **Exercise Timer Mode**

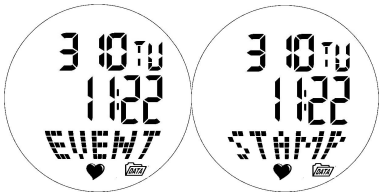
Record of Exercise Time (After Timer is stopped)

At anytime while accessing the records, pressing [**MODE**/🔧] will return the display to Exercise Timer Mode

Note: If there is no previous data, "NO Record" will be displayed.

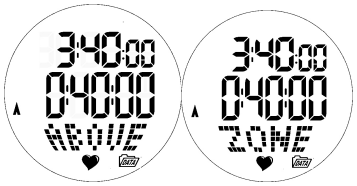
When Timer is stopped

SET/RECORD ↓



Date and Start Time of Exercise

SET/RECORD ↓

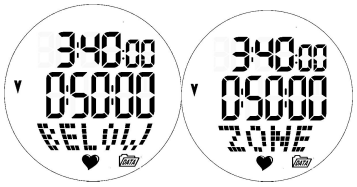


Total Exercise Time &
Above Zone Time

SET/RECORD ↓

Total Exercise Time &
In Zone Time

SET/RECORD ↓



Total Exercise Time &
Below Zone Time

SET/RECORD ↓

% of Maximum Heart Rate & Highest Heart Rate achieved
(P.S. % of Maximum Heart Rate in Running Mode is defined as Current Heart Rate divided by Maximum Heart Rate while % of Maximum Heart Rate in Stopped mode is defined as Average Heart Rate divided by Maximum Heart Rate)

SET/RECORD ↓

Fat Burnt &
Average Heart Rate

SET/RECORD ↓

Recovery Heart Rate

Will not be displayed if Recovery Timer function disabled

SET/RECORD ↓

Training Calories & Total Calories Consumption

SET/RECORD
→
(Press for 2 seconds)

Reset Total Calorie Consumption to Zero

SET/RECORD ↓
Back to Event Stamp Record sub-Mode

↘ Mode/🔑
Return to Exercise Timer Mode

STOPWATCH MODE (Max Duration of Stopwatch: 29 hours 59 minutes 59 Seconds)

The Stopwatch Mode enables you to record training statistics for up to 21 laps. After the Stopwatch is paused or stopped, you can review lap time, average heart rate and calorie consumption records for each individual lap.

For the first 60min the stopwatch runs at 1/100 graduation then turns to 1 second afterwards.

How to Use Stopwatch (See Illustration)

(Note: If there is no user data, it will automatically enter User Profile Setup Mode)

1. Press [**MODE**/🔑] until watch is in Stopwatch Mode. "CHRONO" will be displayed.
2. Press [**+/ST./SP.**] to start stopwatch.

   When the stopwatch is running:

   To increase lap counter:
   - Press [**-/LAP**] to increase the lap counter.
   - The Lap Time, Lap No. and Average Heart Rate of the current lap will be displayed for 5 seconds before the display automatically returns to the running stopwatch.
   - The next Lap No. will now also be displayed.

   To view records:
   - Also, if the stopwatch is running you can press [**SET/RECORD**] to view % of Maximum Heart Rate, Maximum Heart Rate, Fat Burnt, Average Heart Rate, Calorie Consumption and Total Calories.
   - After 5 seconds or if you press [**MODE**/🔑] again, the display will return to the running stopwatch.

3. To pause the stopwatch, press [**+/ST./SP.**].
   The Lap time, Lap No. and Average Heart Rate will be displayed for 5 seconds before the display switches to the paused time. **(Note: The watch will display one single stopwatch training as a 1-lap training)**
4. To reset the stopwatch when it is paused, hold [**SET/RECORD**] for 2 seconds.

Notes:

- The audio alert can be set or disabled by pressing and holding [**LIGHT**] for 2 seconds in Exercise Timer Mode or Stopwatch Mode. A [♥)))] mark will be displayed when Audio Alert is active.
-
  When the target calorie consumption is reached, an alert will sound for 20 seconds and "CAL AL" will be displayed in blinking.

- The Timer will be disabled when the Stopwatch is running.
- If [**-/LAP**] is pressed after the maximum lap no. has been attained (Lap 21), "MAX LAP" will be shown and the stopwatch will be stopped.
- If the maximum no. of laps (21 Laps) or the maximum stopwatch duration (29hr 59min 59sec) has been attained, an alert will sound.

How to Review Records of Laps

To review lap records, stopwatch must have been used at least once, otherwise display shows "**NO LAP**"
At anytime while accessing the records, pressing [**MODE**/🔑] will return the display to Stopwatch Mode

1. While the stopwatch is paused, press [**SET/RECORD**].
2. The following will be displayed in order. Press [**SET/RECORD**] to browse through the displays:
    - Total Lap Time and No. of Laps Recorded
    - Total Exercise Time and Above Zone Time
    - Total Exercise Time and In Zone Time
    - Total Exercise Time and Below Zone Time
    - % of Maximum Heart Rate and Highest Heart Rate achieved
    - Fat Burnt and Average Heart Rate
    - Calories Consumed and Total Calories (User can reset this Total Calorie Counter)
3. After viewing the above, the lap selection screen will be displayed. You can now select the lap number for which statistics you wish to view.
   Press [**+/ST./SP.**] or [**-/LAP**] to choose lap number. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
4. The Lap Time, Lap No. and Average Heart Rate will be displayed.
5. If the last recorded lap record is being viewed, pressing [**SET/RECORD**] will return display to the start of records. Otherwise, pressing [**SET/RECORD**] will return to the lap selection screen. Statistics for other laps can be viewed.
6. When Calorie consumed and Total Calories displayed, users can press & hold [**SET/RECORD**] for 2 seconds to reset the Total Calorie Counter to Zero (0)
7. At anytime while accessing the records, pressing [**MODE**/🔑] will return the display to Stopwatch Mode.

Stopwatch Mode

Stopwatch Mode

To Start: +/ST./SP.

To Reset
SET/RECORD (hold for 2 seconds)

To Resume
+/ST./SP.

Stopwatch Running
To Pause: +/ST./SP.
To Increase Lap: -/LAP
To View Records: SET/RECORD (Training Data during exercise will be displayed by alternate press)

+/ST./SP. →

After 5s →

Stopwatch Paused

To Resume: +/ST./SP.
To Reset: SET/RECORD (hold for 2s)
To View Records: SET/RECORD

-/LAP ↓

Increase Lap-Count by One additional lap

Displays **Lap Max 21** if Lap > 21(i.e. Max Lap reached)

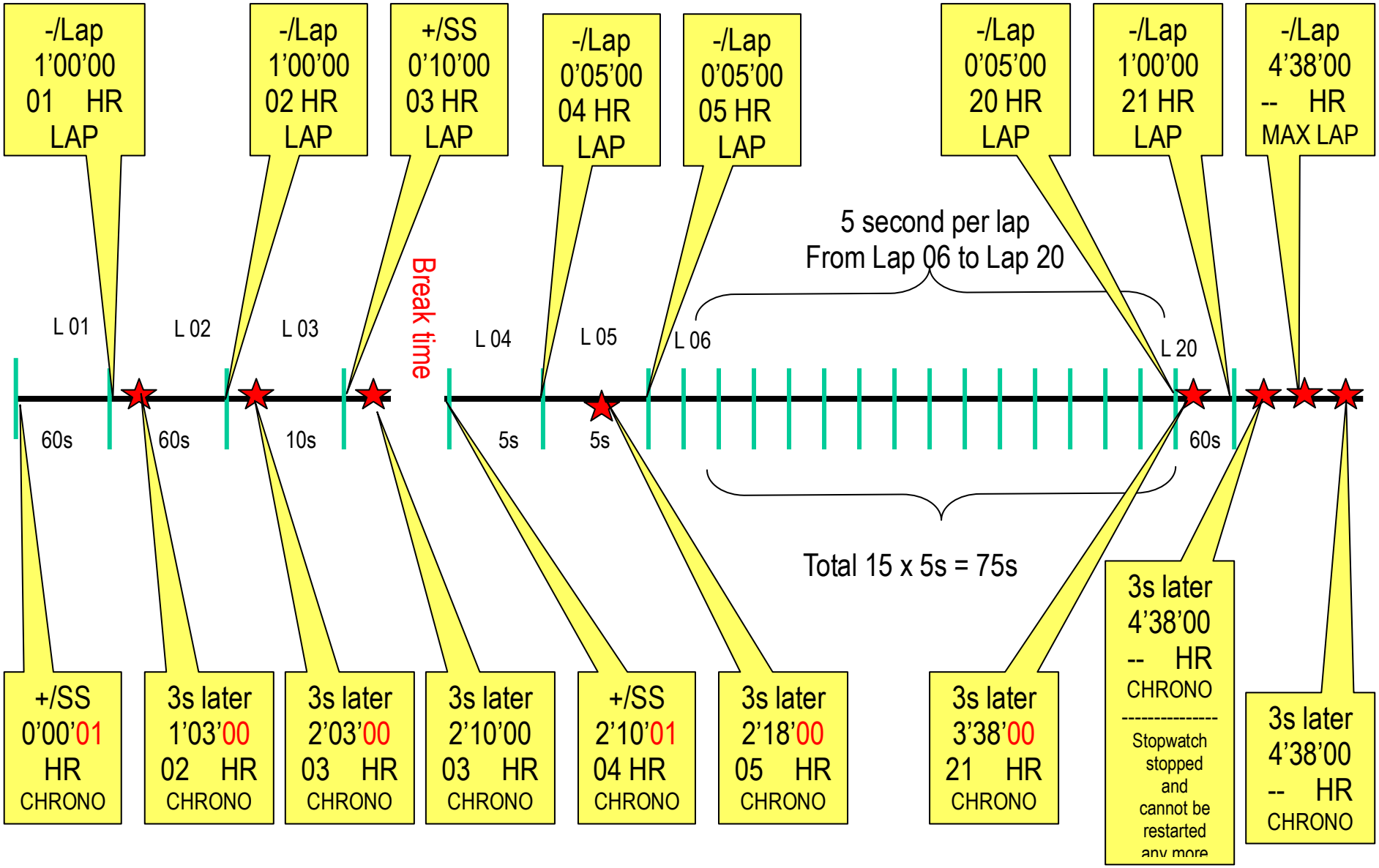
↓ after 5 seconds

5 seconds later, Lap number increased by one lap and stopwatch keep counting

SET/RECORD ↓ ↑ Mode/🔧

View Records

Illustration



Record of Stopwatch Mode (after Stopwatch is stopped)

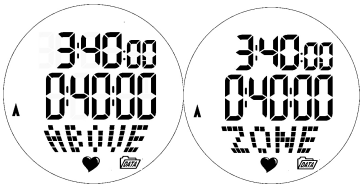
Note: Pressing [**MODE**/🔑] while accessing record will automatically return to **Stopwatch Mode**

Stopwatch mode (Paused)

SET/RECORD ↓

Total Lap Time &
No. of Laps Recorded

SET/RECORD ↓

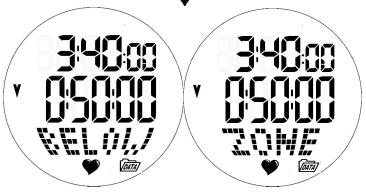


Total Exercise Time &
Above Zone Time

SET/RECORD ↓

Total Exercise Time &
In Zone Time

SET/RECORD ↓



Total Exercise Time &
Below Zone Time

SET/RECORD ↓

% of Maximum Heart Rate & Highest Heart Rate achieved
(P.S. % of Maximum Heart Rate in Running Mode is defined as Current Heart Rate divided by Maximum Heart Rate while % of Maximum Heart Rate in Stopped mode is defined as Average Heart Rate divided by Maximum Heart Rate)

SET/RECORD ↓

Fat Burnt &
Average Heart Rate

SET/RECORD ↓

Calories Consumed & Total Calories
Users can press & hold [**SET/RECORD**] for 2 seconds to reset the Total Calorie Counter to Zero (0)

SET/RECORD ↓

Lap Selection

To Select Lap: +/ST./SP. or -/LAP

SET/RECORD ↓

Lap Time, Lap No. &
Average Heart Rate

SET/RECORD ↓

If viewing last recorded lap already:
Return to start of records

If subsequent lap available:
Back to Lap Selection screen

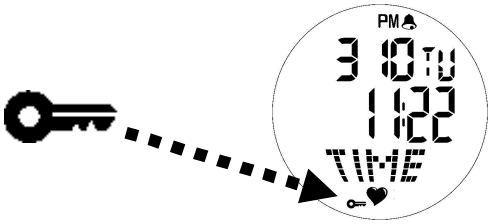
↘ Mode/🔑
Return to Stopwatch Mode

KEY-LOCK FUNCTION

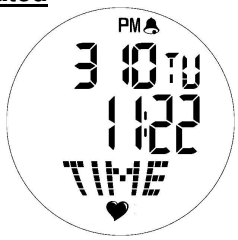
Key-lock function prevents unexpected key touch.
Press [MODE/🔑] for 2 seconds to activate or deactivate key-lock function. When Key-lock is activated, press any key will not have any new effect to the current status except the following:

1. When alarm is being alerted, press any key can stop the alert.
2. All current settings & functions will work as usual under key-lock function.
3. [🔑] icon on display will blink for 3 times against any key press to indicate Key-lock is being activated.

Key-Lock Activated



Key-Lock Deactivated



USER PROFILE SETUP

This allows you to enter your personal details for the precise calculation of your Body Mass Index, fitness score, calorific consumption and maximum heart rate.

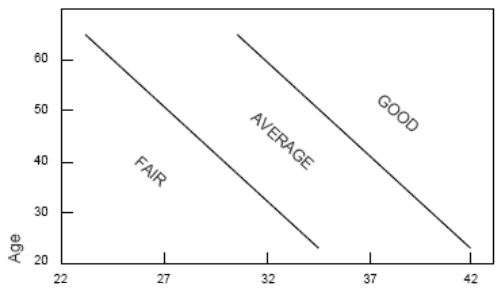
How to Setup User Profile

1. Press [**MODE**/🔑] until watch is in User Profile Setup Mode. "USER PROFILE" should be displayed.
2. Hold [**SET/RECORD**] for 2 seconds until "GENDER" is displayed.
3. Set Gender:
   Press [**+/ST./SP.**] or [**-/LAP**] to set Gender. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
4. Set Age:
   Press [**+/ST./SP.**] or [**-/LAP**] to adjust age figure. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
5. Set Unit for Weight:
   Press [**+/ST./SP.**] or [**-/LAP**] to switch between kg and lbs.
   Press [**SET/RECORD**] to confirm your selection.
6. Set Weight:
   Press [**+/ST./SP.**] or [**-/LAP**] to adjust weight. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
7. Repeat same procedure to set height unit and your height information.
8. At the Level of Exercise screen, enter your exercise level according to the following table:

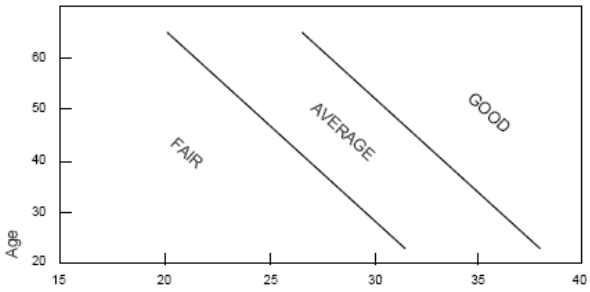
Level 1 (low)	Untrained
Level 2 (medium)	Sports activity around 2-3 times a week for approximately 1 hour each
Level 3 (high)	Regular sports activity with a high degree of physical effort

   Press [**+/ST./SP.**] or [**-/LAP**] to choose between level 1, 2 or 3.
   Press [**SET/RECORD**] to confirm your selection.
9. The display will then show your Body Mass Index and fitness score.
   Press [**MODE**/🔑] to return to Clock Mode, or press [**SET/RECORD**] to repeat setup cycle.

The higher your fitness level, the higher the score. Please refer to the following table for fitness categories regarding your score.



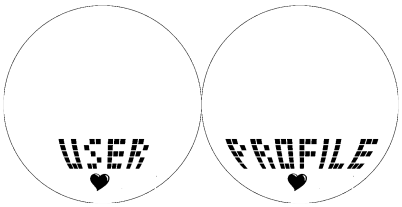
Fitness Score for Men



Fitness Score for Women

Setup Mode - User Profile

Anytime during the setting mode, press [**MODE**/🔧] to exit. All settings made before exit will be saved.
When adjusting values, hold [**+/ST./SP.**] or [**-/LAP**] for 2 seconds for fast advance and reverse.

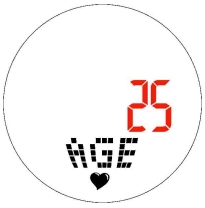


User Profile Setup

SET/RECORD ↓ (hold for 2 seconds)

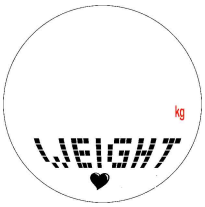
Set Gender

SET/RECORD ↓



Set Age

SET/RECORD ↓



Set Unit for Weight (kg / lbs)

SET/RECORD ↓

Set Weight

SET/RECORD ↓

Set Unit of Height (cm/ft)

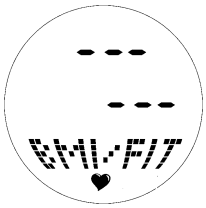
SET/RECORD ↓

SET/RECORD ↓

Set Height

SET/RECORD ↓

Level of Exercise (1-3)
1 (low): Untrained
2 (medium): Sports activity around 2-3 times a week for approximately 1 hour
3 (high): Regular sports activity with a high degree of physical effort



SET/RECORD ↓

BMI & Fitness Level

Loop back to the starting of User Profile Setup

↘ Mode/🔑
Return to Clock Mode

P.S. Whenever Age or Gender in the User Profile is adjusted, the Activity Level in the Activity Setting mode will be reset to Default Value of [2] and back to default Heart rate Limits. Users can overwrite these default values by adjusting the value manually.

TRAINING PARAMETER SETUP

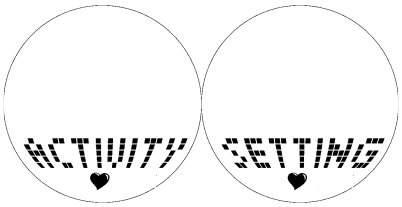
This allows you to customize the alerts available on this watch. There are two optional alerts to assist you in monitoring your training. They are available in visual format, audio format or both.

-The Heart Rate Alert will be activated if your heart rate is beyond your pre-defined target zone.
-The Target Calorie Alert will notify you once your calorific usage goal has been attained.

For your convenience, a heart rate target zone is automatically calculated based on your age and exercise intensity, but any manual adjustment will override these automatic settings.

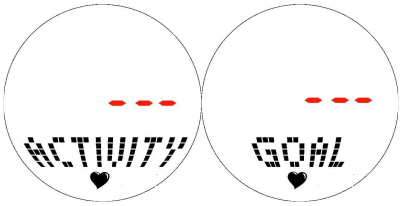
How to Set Alerts and Training Parameters

Anytime during the setting mode, press [**MODE**/🔧] to exit. All settings made before exit will be saved.
When adjusting values, press and hold [**+/ST./SP.**] or [**-/LAP**] for 2 seconds for fast advance and reverse.
P.S. Whenever Age or Gender in the User Profile is adjusted, the Activity Level in the Activity Setting mode will be reset to Default Value of [2] and back to default Heart rate Limits. Users can overwrite these default values by adjusting the value manually. Adjusting the Activity Goal after manually setting the HR limits will reset the HR limits to Default Value.



Training Parameter Setup Mode

SET/RECORD ↓ (hold for 2 seconds)



Decide Exercise Intensity
1=low; 2=moderate; 3=hard

SET/RECORD ↓

Set Upper Limit of Heart Rate

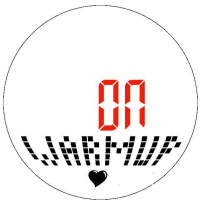
SET/RECORD ↓

Set Lower Limit of Heart Rate

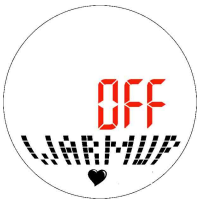
SET/RECORD ↓

Heart Rate Alert Off ⟵ +/ST./SP. / -/LAP ⟶ **Heart Rate Alert On**

SET/RECORD ↓



Warm Up Timer On ⟵ +/ST./SP. / -/LAP ⟶ **Warm Up Timer Off**



SET/RECORD ↓

Recovery Timer On ⟵ +/ST./SP. / -/LAP ⟶ **Recovery Timer Off**

SET/RECORD ↓

Set Target Calorie

Target Calorie will work independently in Exercise Timer or Stopwatch. This means each mode will have its current consumed calorie to compare against the Target Calorie value. Default Value is 500 Kcal, user can adjust to the desired values manually. Current Training Calorie will compare against Target Calorie, once reaches the setting, there will be [CAL AL] Blink at the display and a 20 sec beeping alert will sound. User can accumulate Current Consumed Calorie by multiple Start/Stop of Exercise Timer or Stopwatch. Once user resets the Timer or the Stopwatch, the related consumed calorie will be reset to Zero.

User are advised to set a meaningful Target Calorie, otherwise no alarm:

i. **Should set Target Calorie greater than current consumed calorie value of a started and then stopped training.**

ii. **Should set an achievable Target Calorie value**

SET/RECORD ↓ *(Repeat above step by pressing SET/RECORD to set all desired digits)*

Target Calorie Alert Off ⟵ +/ST./SP. / -/LAP ⟶ **Target Calorie Alert On**

SET/RECORD ↓

Loop back to the starting of Training Parameter Setup ↘ Mode/🔧 **Return to Clock Mode**

Procedures

1. Press [**MODE/**🔑] until watch is in Training Parameter Setup Mode. "ACTIVITY SETTING" should be displayed.
2. Hold [**SET/RECORD**] for 2 seconds until "ACTIVITY GOAL" is displayed.
   Decide Exercise Intensity. (1=low; 2=moderate; 3=hard)
   Press [**+/ST./SP.**] or [**-/LAP**] to adjust exercise intensity. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
3. Set Upper Heart Rate Limit:
   Press [**+/ST./SP.**] or [**-/LAP**] to adjust heart rate. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
   Set Lower Heart Rate Limit:
   Press [**+/ST./SP.**] or [**-/LAP**] to adjust heart rate. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
4. Turn Audio Heart Rate Alert ON or OFF:
   Press [**+/ST./SP.**] or [**-/LAP**] to turn this function ON or OFF.
   Press [**SET/RECORD**] to confirm your selection.
5. Turn LED Heart Rate Alert ON or OFF:
   Press [**+/ST./SP.**] or [**-/LAP**] to turn this function ON or OFF.
   Press [**SET/RECORD**] to confirm your selection.
6. Warm Up Timer Setup:
   Press [**+/ST./SP.**] or [**-/LAP**] to turn this function ON or OFF.
   Press [**SET/RECORD**] to confirm your selection.
7. Recovery Timer Setup:
   Press [**+/ST./SP.**] or [**-/LAP**] to turn this function ON or OFF.
   Press [**SET/RECORD**] to confirm your selection.
8. Target Calories Alert
   Press [**+/ST./SP.**] or [**-/LAP**] to input calorie consumption target. Hold either button for 2 seconds to enable fast advance or fast reverse.
   Press [**SET/RECORD**] to confirm your selection.
9. Turn Calories Alert ON or OFF:
   Press [**+/ST./SP.**] or [**-/LAP**] to turn this function ON or OFF.
   Press [**MODE/**🔑] to return to Clock Mode, or press [**SET/RECORD**] to repeat setup cycle.

Audible and Visual Alarm

This Heart Rate Monitor has two alert functions, namely Audible Alert and Visual Alert, to show if the current heart rate is below or above the pre-defined target zone. The Audible Alert feature can be activated or disabled while Visual Alert is not user-settable.

Relationship to Pre-defined Heart Rate Zone	Buzzer Beeping Pattern	Visual Alert
Current Heart Rate is below Lower HR	**Single Beep**	**Display shows Flashing Heart Rate**
Current Heart Rate is above Upper HR	**Double Beeps**	
Current Heart Rate is above 90% of MHR	**Triple Beeps**	

A [♥))] mark will be displayed when Audio Alert is active.

HOW TO SET MAXIMUM & MINIMUM HEART RATE VALUES

Although the training program in your Heart Monitor can automatically adjust your heart rate target zone according to your personal details, here is a method to set your own exercise heart rate monitor limit:

220 – age = Maximum Heart Rate (MHR) [beats per minute]

50% of MHR

Moderate activity

60% of MHR

Weight check

70% of MHR

Aerobic zone

80% of MHR

Anaerobic limit zone

90% of MHR

Red area (maximum performance)

100% of MHR

For example, for a 40 years old male user who wants to keep his weight in check:

Maximum heart rate limit = (220 – 40) x 70% = 126 beats per minute
Minimum heart rate limit = (220 – 40) x 60% = 108 beats per minute

How to Calculate your Body Mass Index (BMI)

The Body Mass Index is an internationally standardized method to measure obesity (or non-obesity). Your BMI is calculated and displayed when you set up your user profile.

BMI = (Body weight in kilograms) / (Body height in meters)^2

	World Health Organization
Underweight	<18.5
Normal	18.5 – 24.9
Overweight	25.0 – 29.9
1st Degree Obesity	30.0 – 34.9
2nd Degree Obesity	35.0 – 39.9
3rd Degree Obesity	>= 40

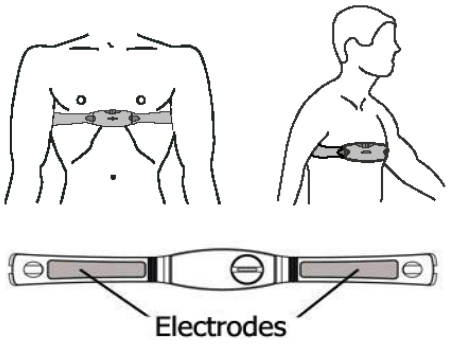
ERASE ALL MEMORIES AND SETTINGS

Press and hold [MODE/🔧] , [-/LAP], [+/ST/SP] & [SET/RECOD] keys simultaneously for 3 seconds or more will reset the watch to ex-factory status. All memories and prior settings will be erased, reset to default values and can never be recovered again. Do this only after battery replaced or the unit is transferred to new user.

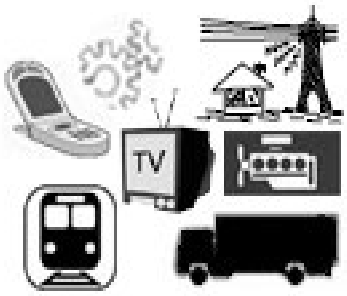
TROUBLE SHOOTING GUIDES

SR383 employs a radio-transmission ECG (Electrocardiogram) technology to transmit heart rate signals from chest-belt transmitter to the receiver watch. Contact condition or radio-interference will therefore affect the performance. A heart symbol "♥" will appear and flash when incoming heart rate signals are detected under Timer or Stopwatch mode. In case of any doubt please follow the following procedures to identify the root cause; some problems can be easily solved locally without sending back for services:

If the heart symbol "♥" does not flash, please check:



- ***If the chestbelt was not put on tight enough***
  The transmitter should be worn close to your chest, or right under the breasts. The electrodes must be directly in contact with your bare skin at all times in order to detect heart rate signals. Dry skin or Low temperatures might affect the transmission, allow the belt to warm up to your body temperature. The contact between your skin and the electrodes can be improved by moistening the electrodes with water, saliva or ECG gel. Also, stand still for a few seconds at the beginning will help to get your heart rate reading displayed earlier.
- ***If the electrodes are too dirty and result a non-conductive layer***
  Clean the electrodes accordingly if needed.
- ***If battery level is too low to operate***
  A new battery will last for about 18 months provided 5 hours usage a week. Replace a new battery (CR2032 3V) and insert to the right polarity if needed.
- ***If the receiver watch separates too far from the chestbelt transmitter***
  The transmission range has been set to around 80cm but exhausting and weak battery will shorten this range. Bring the receiver watch closer and see if reception becomes normal, replace a new battery if needed.
- ***If any external radio-interference exists***
  The wireless transmission may be affected by interference from mobile phones, electronic training equipment, wireless equipments, high voltage electric cables, electric towers, microwave ovens, engines, transformers, TV, Computer monitors and other wireless transmitters, etc. Remove or stay away from the interference source before retrying.



- ***If there is no heart symbol " ♥" displayed***
  To save battery power, the receiver watch will exit TIMER or CHRONO mode if no heart rate signal detected for 5 minutes. Wear the chestbelt properly then switch the receiver watch to TIMER or CHRONO mode to reactivate heart rate reception.

CARE INSTRUCTIONS

Cleaning your Watch
Please clean the watch and transmitter belt with a damp cloth. Never use any aggressive or abrasive cleaning agents and solvents.

Storing the chestbelt
Never allow the two electrodes shorted together or placed on any metal surface otherwise battery power exhaust quickly.

Changing the battery
Should the battery become too weak to power the heart rate monitoring watch, a crossed-out battery icon appears in the display.

The transmitter and watch are both powered by lithium batteries of type CR2032, 3V.
Please have the batteries replaced by qualified personnel to ensure that the water-resistance is maintained.

Battery Saving Mode
To conserve power, the heart rate monitoring watch automatically switches to stand-by mode if no heart-rate signal is received for 5 minutes. To reactivate the heart rate monitor, switch the device to Exercise Timer or Stopwatch mode.

Water Resistance
Never swim, bath or take shower with the chestbelt as it is just designed for 1atm (≈10 meters) [i.e. short duration to accidental exposure of water.]

The receiver watch, designed for 3atm (≈30 meters), will withstand splashes of water or rain but should not be worn while swimming or diving. Do not actuate any key while the watch is submerged in the water.

SPECIFICATIONS

Time format:	12-hour / 24-hour
Date format:	Month – Year or Weekday – day
Calendar format:	Day-Month or Month-Day
Calendar range:	2006 – 2055
Stopwatch:	(H:MM:SS) 0:00:00 – 29:59:59 (Max. 21 laps)
Countdown Timer:	(H:MM:SS) 0:01:00 – 29:59:00
Warm up Timer:	User selectable, 5 minutes before training starts
Recovery Timer:	User selectable, 3 minutes after training stopped
Alarm:	Daily alarm, alarm for heart rate limits and target caloric goal
Heart Rate:	30-240 bpm
Display unit:	Metric or Imperial system
Height input range:	50~250cm (1'08"~8'02")
Weight input range:	20~200kg (44~441 lb)
Age input range:	7~99 years old
Calorie Calculation:	0 - 9999 kcal
Total Calorie Counter	0-99999 kcal
Fat burnt:	in gram
Battery in Receiver watch:	CR2032, 3V
Battery in Transmitter:	CR2032, 3V
Range of transmission:	About 80 cm
Elastic strap adaptable circumstance:	70~120cm
Water-resistance:	Watch Monitor – up to 3atm without any button being pressed Chest Belt (Transmitter) – up to 1atm

Operating environment:

Operation temperature	5° C….60° C (41° F…140° F)
Storage temperature	-20° C ….70° C (-40° F … 158° F) at 10% … 95%RH

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